AMENDMENTS TO THE CLAIMS:

This listing of claims will replace all prior versions, and listings, of claims in the application:

- 1. (Currently Amended) A piston ring for use with a piston in a reciprocable compressor, the piston ring comprised of a self-lubricating plastics material for sealing elements, comprising a composed of a wear-resistant polymer matrix in which are dispersed microcapsules containing a lubricating agent, wherein the polymer matrix is selected from one or more of a group consisting of polyketones, polybutadiene-sytrene and polytetrafluoroethylene.
 - 2. (Canceled)
- 3. (Currently Amended) A material The piston ring according to claim 2, characterised in that 1, wherein said polyketone is an aromatic polyketone.
- 4. (Currently Amended) A material The piston ring according to claim 3, characterised in that wherein said aromatic polyketone is polyetherether ketone (PEEK).
 - 5. (Canceled)
- 6. (Currently Amended) A-material-The piston ring according to claim 1, eharacterised in that wherein said microcapsules comprise a shell of polyoxymethylene urea (PMU).
- 7. (Currently Amended) A material The piston ring according to claim 1, eharacterised in that wherein said microcapsules have an average diameter of between 5 and 500 μ.
- 8. (Currently Amended) A material-The piston ring according to claim 1, characterised in that wherein said microcapsules are dispersed in said polymer matrix in a ratio by weight of between 2 and 30 wt. %.
- 9. (Currently Amended) A material The piston ring according to claim 1, characterised in that wherein said lubricant incorporated in the microcapsules is an oil which is low in acidity.

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- 10. (Currently Amended) A material The piston ring according to claim 1, characterised in that wherein said lubricant is a fluid lubricant which has a viscosity within the range between 20 and 250 cSt at 40°C.
- 11. (Currently Amended) A-material-The piston ring according to claim 1, characterised in that-wherein said lubricant further comprises an additive or filler to increase mechanical strength or thermal conductivity.
- 12. (Currently Amended) A material The piston ring according to claim 11, characterised in that wherein said additive is a microelement selected from the group consisting of zinc, boron and mixtures thereof.
 - 13-17. (Canceled)
- 18. (Currently Amended) A method for reducing the friction or wear of adjacent <u>sliding</u> elements in motion, in which one of the <u>adjacent surfaces of said-sliding</u> elements comprises a <u>piston ring formed with self-lubricating material according to claim 1, the method comprising</u> forming the piston ring from a wear-resistant polymer matrix in which are dispersed <u>microcapsules containing a lubricating agent, wherein the polymer matrix is selected from a group consisting of one or more of polyketones, polybutadiene-sytrene and polytetrafluoroethylene.</u>
 - 19. (Canceled)